

## Spa Therapies

### Assessment Tasks

The assessment for Spa Therapies is composed of two assessment tasks which are assessed on the dates listed below.

Task number	Task name	Due date	Weighting
1	Thermal stones clinical assessment	12 Oct, 2009	50%
2	Theoretical Examination	28 Nov, 2009	50%

You will be given written feedback on completion of each of the written assignments.

If you are unsuccessful the resit policy will be applied.

### Resources

Class notes & readings  
Bill Robertson Library  
Textbooks  
Internet

## Spa Therapies

Perform selected spa therapies competently

### **Thermal stones clinical assessment**

You will be assessed on your performance of a thermal stones massage and a facial compress with a client in the student massage clinic. This massage will take place over the course of a normal 1 hour appointment in the student clinic.

For this massage you will be required to complete a supine thermal stones sequence which includes the following techniques

- Gliding
- Resting
- Spinning
- Tapping - on the tummy stone
- Edging
- Vibration with stones
- Vibration without stones

You will be assessed based on the safety of your massage as well as general technique. Marking criteria are listed on the document *AS Thermal stones.pdf*.

Within the context of your hot stones massage you will also be required to complete a facial compress according to the guidelines provided. Marking criteria are listed on the document *AS Thermal stones.pdf*.

### **Resources**

You will be permitted to use the following resources during your clinical assessment

- Massage clinic table, drapes, oil, thermal stones, heating unit and other related equipment
- Any textbooks which are required or recommended within the Otago Polytechnic massage therapy programme(s). Any textbooks used must not have writing on any of their pages.
- Online medical databases

## **Spa Therapies**

*Reflect on employment options within the spa industry*

*Discuss characteristics and trends relevant to the spa industry*

*Demonstrate an understanding of the factors that are involved in creating the spa experience*

*Compare and contrast a variety of contemporary spa services*

*Demonstrate an understanding of ethical considerations relevant to work in the spa industry*

## **Theoretical Examination**

Spa therapies will have a final exam which will assess your understanding of the spa industry context including

- The spa experience
- Spa trends
- Spa services
- Employment within the spa industry
- Ethical considerations relevant to work within the spa industry